

Better Choices Better Health®

Chronic Disease Self-Management Workshops

Upcoming Workshops Edmonton Zone

These free workshops consist of six 2 ½ hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to attend.

Workshop Type	Location	Dates	Days & Times
Chronic Pain	North Edmonton Seniors Association 7524 139 Ave NW	July 4, 11, 18, 25 August 1 & 8	Tuesday 1:30 – 4:00 pm
Chronic Pain	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	July 24, 31 August 14, 21, 28 September 11	Monday 9:30 – 12:00 pm
Diabetes	East Edmonton Health Centre (Cromdale) 7910 112 Ave NW	July 24, 31 August 14, 21, 28 September 11	Monday 6:00 – 8:30 pm
Chronic Pain	Edmonton Public Library - Idylwyld Branch 8310 88 Ave NW	August 3, 10, 17, 24, 31 September 7	Thursday 6:00 – 8:30 pm
Chronic Pain	Edmonton Public Library - Capilano Branch 200 Capilano Mall, 5615-101 Ave NW	August 8, 15, 22, 29 September 5 & 12	Tuesday 6:00 – 8:30 pm

For more information about Better Choices, Better Health® or to register for a workshop in Edmonton and Area call: 780-401-BOOK (2665)